

Identifying School Site Levels of Implementation of Nutrition & Physical Education

Copy and distribute form at a Staff Meeting. Have school staff complete check list. Discuss priorities and complete an Action Plan.

	Level 1 Emerging →	Level 2 Under Development →	Level 3 Fully in Place →
← Individual	<input type="checkbox"/> I do not exercise regularly. <input type="checkbox"/> Most nights I eat fast food and at best I consume 1-2 servings of fruits/vegetables per day.	<input type="checkbox"/> I am physically active 2 days per week. <input type="checkbox"/> I eat a limited variety of healthy food, including at least 3-4 servings of fruits and vegetables per day.	<input type="checkbox"/> I am physically active for 30 minutes almost everyday. <input type="checkbox"/> I eat a variety of healthy food, including at least 5 servings of fruits & vegetables per day. <input type="checkbox"/> I am a “healthy lifestyle” role model for staff and students.
← Classroom	<input type="checkbox"/> Few teachers teach 200 minutes of PE lessons/10 days, which include mostly kickball. <input type="checkbox"/> Few health lessons are taught at the school. <input type="checkbox"/> Teachers reward students with candy. <input type="checkbox"/> Classroom celebrations include high fat, high sugar foods of low nutritional value. <input type="checkbox"/> Students are “benched” at recess or PE time as punishment or physical activity is used as punishment (running laps, push-ups, etc.)	<input type="checkbox"/> Many teachers teach 200 minutes of PE lessons/10 days from a comprehensive curriculum <input type="checkbox"/> Many teachers teach Nutrition in the classrooms, part of 20 Health lesson mandate. <input type="checkbox"/> Teachers reward students with healthy snacks. <input type="checkbox"/> Classroom celebrations include healthy food choices. <input type="checkbox"/> Physical activity (PA) time is used to complete other classroom requirements/lessons.	<input type="checkbox"/> All teachers teach 200 minutes of PE lessons/10 days as part of a sequential curriculum. <input type="checkbox"/> 20 health lessons are fully implemented, nutrition ed/ physical activity (PA) promotion is integrated into other curricular areas. <input type="checkbox"/> Teachers reward students with non food incentives (including PA). <input type="checkbox"/> Classroom celebrations include student made healthy snacks and physical activity. <input type="checkbox"/> Students participate in PA daily and are moderately to vigorously active 50% of the time. <input type="checkbox"/> Teachers model healthy behavior by occasionally eating lunch with students, participating with students at PE time.
← School	<input type="checkbox"/> Staff & parents are unaware of SFUSD Nutrition/PA policy. <input type="checkbox"/> Health announcements are not made at mtgs. <input type="checkbox"/> Vending machines which sell soda or “fruit” drinks are located in student areas. <input type="checkbox"/> Students know the name of the site food service worker. <input type="checkbox"/> Many students return School Lunch applications. <input type="checkbox"/> School/Parent groups hold candy fundraisers during the school day, more than 10 times per year. <input type="checkbox"/> No mention was made of the SFUSD Nutrition Health Awareness Activity last March. <input type="checkbox"/> Cafeteria environment is disorderly and lunchtime is chaotic.	<input type="checkbox"/> Staff had discussed Nutrition/PA Policy at a staff meeting. <input type="checkbox"/> Health Advocate makes announcements at staff meetings. <input type="checkbox"/> Vending machines in Staff areas offer only foods/drinks of low nutritional value. <input type="checkbox"/> Students greet the food service worker by name and s/he responds positively. <input type="checkbox"/> Most students return School Lunch applications. <input type="checkbox"/> School/Parent groups hold candy fundraisers after 5pm. Classrooms continue to have popcorn and Nacho sales during lunchtime. <input type="checkbox"/> Posters were put up for last year’s Nutrition Awareness Month. <input type="checkbox"/> Cafeteria environment is orderly and classroom rules are posted.	<input type="checkbox"/> School has adopted rules and regulations regarding healthy food for classroom celebrations, faculty pot lucks... <input type="checkbox"/> Health is on the agenda at meetings: Parent, staff, SSC, SST... <input type="checkbox"/> Staff vending machines offer healthy food and drinks choices. <input type="checkbox"/> Food service worker is integrated into school culture (e.g. visits to classrooms, attends meetings & events). <input type="checkbox"/> As part of school wide promotion, all students return School Lunch applications. <input type="checkbox"/> School/parent groups fundraise with non-food items. Healthy food items are sold by school groups before or after school. <input type="checkbox"/> Full school participation in Nutrition & Physical Activity month health awareness activity (poster contest, Jump Rope for Heart...) <input type="checkbox"/> Cafeteria has clearly posted rules; meals are orderly; nutrition information is posted. <input type="checkbox"/> Staff & parent meetings include regular physical activity breaks.

Bolded items do not comply with the SFUSD Nutrition/PA policy.